



October 22, 2022

SPONSOR/HOST	Metro East Titans Swimming		
SANCTION	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-6188 - USA Swimming, Inc., Ozark Swimming, and Chuck Fruit Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. - An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., and Chuck Fruit Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Ozark Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Ozark Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. - BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND OZARK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.		
LOCATION	Chuck Fruit Aquatic Center, 6168 Center Grove Road, Edwardsville IL 62025/618-407-7665		
FACILITY	The Chuck Fruit Aquatic Center pool is an indoor 50-meter pool; two 25-yard competition area with eight (8) swimming lanes, and an eight (8) lane warm-up area. This competition course with bulkhead in position has been certified in accordance with 104.2.2C(4). Parking is available in the Chuck Fruit Aquatic Center lot and/or the adjoining Sports Complex lot. Overhead seating for 499 spectators is available, as well as a generous on-deck areas for swimmers and coaches. The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. Pool depth dimensions at the North start end = 7', turn end = 7'. Pool depth dimensions at the South start end = 12.5', turn end = 7'.		
MEET DIRECTOR	Bob Rettle	E-Mail: metsswim@gmail.com	PHONE: (618) 407-7665
OFFICIALS CONTACT	Susan Samet	E-Mail: susanesamet@gmail.com	PHONE: (618) 579-8177
ENTRY CHAIR	Trish Grant	E-Mail: grantnna@yahoo.com	PHONE: (618) 570-6117
MEET REFEREE	Dana LeVasseur	E-Mail: dnalver@hotmail.com	PHONE: (804) 986-9591
ADMIN OFFICIAL	Trish Grant	E-Mail: grantnna@yahoo.com	PHONE: (618) 570-6117
ELIGIBILITY	- Open to all USA Swimming athletes registered with 2022 or 2023 memberships by the first day of the meet. No on deck USA Swimming registration will be permitted. - Age on October 22, 2022 will determine age for the entire meet. - Swimmers entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded. If a swimmer swims and is not registered, a \$100 fine per athlete will be imposed, made payable to Ozark Swimming.		
DISABILITY SWIMMERS	- Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. - The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.		
FORMAT	All 11-12 Boys, 13-14 boys and girls, and 15&O boys and girls will swim in the morning session.		



	- All 8&U, 9-10, and 11-12 girls will swim in the afternoon session. - All events will be swum as timed finals, except for the 50 Freestyle, which will be swum as a prelim/semi-final/final event within the same session. - All 25 yard events in the 8&U age group will start from the turn end of the pool.
ENTRIES	DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, OCTOBER 17. - Entries will be accepting starting immediately, through the entry deadline of October 17. - Entries must be submitted by email and be in Hy-Tek compatible format. - Please submit entries using actual SCY times. NT will be accepted. - Swimmers may be entered in up to 4 individual events and 1 relay for the entire meet. - Email entries to: metsswim@gmail.com. Email entries will receive an email confirmation. - Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
FEES	\$40 per athlete (This includes a \$20 surcharge per athlete, of which \$2 per athlete is paid to Ozark Swimming.) - Checks should be made payable to: METS - Mail payment to: METS Swim c/o Bob Rettle 6696 Center Grove Rd #235 Edwardsville, IL 62025 - Payment must be received before the start of the meet for all entries. - NOTE: Please ensure payments sent by mail do NOT require a signature for delivery.
SEEDING	- A Clerk of Course will be provided for 8&U swimmers. All other swimmers should report behind the blocks for their events. - All events will be pre-seeded. - All events except the 50 Free will be swum slowest to fastest as timed finals. - The 50 Free will be circle seeded in the first round, with only the top 12 times from round one (Prelims) advancing to the second round. Round two will be three heats, four swimmers in each. The top four times from round two (semi-finals) will advance to Round 3 (championship final.) - There will be no positive check-in. - Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet.
SCHEDULE	- Saturday AM Session 1: 11-12 Girls, 13-14 Girls & Boys, 15&O Girls & Boys -Warm-ups: 9:00 AM, Meet start: 10:00 AM - Saturday PM Session 2: 8&U Girls & Boys, 9-10 Girls & Boys, 11-12 Boys -Warm-ups: Not before 12:00 PM, Meet start: not before 1:00 PM - Lane assignment and warm-up times for individual clubs will be posted on the METS website no later than October 18 and will also be emailed to the contact person of the participating clubs. - If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
AWARDS	- Individual Events: Ribbons for 1st through 16th events, excluding the freestyle events. Freestyle champions (1st place in the final round) will receive a personalized, embroidered commemorative warm- up jacket. 2nd through 4th place in the final freestyle round will receive custom beanies. 5th-12th places in the semi-final freestyle round will receive custom medals. - Relay Events: Ribbons for 1st through 8th place.
RULES	- The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy will govern this meet. All the technical and administrative rules of USA Swimming will apply. - All applicable adults participating in or associated with this meet acknowledges that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. - Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.



	• Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from the competition and shall not return to competition without a release authorization signed by a licensed healthcare provider. • Only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area. • In accordance with USA Swimming Rule 102.8.1 1. The swimmer must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee, except for allowed exemptions. 2. Only swimsuits complying with FINA swimsuit specifications may be work in any USA Swimming allowed exemptions 3. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. 4. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate. 5. No swimmer is permitted to wear or use any device, substance or swimsuit to help his/her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, adhesive substances, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee. 6. No technical suits shall be worn by any 12&U USA swimming athlete member.
OFFICIALS	• Officials will be needed for all sessions of this meet. • Clubs should submit the names and session availability of all certified officials to: Dana LeVasseur at dnavalver@hotmail.com 804-986-9591
TIMERS	• Participating clubs may be asked to provide timers in proportion to the number of swimmers they have entered in each session. • Timing assignments will be posted on the METS website no later than October 18 and will also be emailed to the contact person of each of the individual clubs.
GENERAL	• Hospitality will be provided for all coaches and officials. • Concessions will be available. • Heat Sheets will be available on Meet Mobile, posted at the facility and on metsswim.com. • Results: Unofficial results will be posted to Meet Mobile and posted at the facility. Official results will be posted to the METS website and the Ozark Swimming website and will be emailed to the contact person of each of the individual clubs. • Spectators are permitted in the upper bleachers area only.
FACILITY RULES	• Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for noncompliance with procedures or non-cooperation with Marshals' instructions. • Keep all trash picked up and do not block exit doors or aisles. • No chairs or coolers are allowed in the spectator seating area. • Safety regulations required the upstairs doors leading in the spectator area/upper mezzanine always remain closed. • Smoking and all tobacco products are prohibited on all ECUSD7 property, including the Chuck Fruit Aquatic Center. • No glass containers are allowed.



Saturday AM Session I			Saturday PM Session 2		
11-12 Girls, 13-14 G/B, 15&O G/B Warm-up: 9:00 AM; Start: 10:00 AM			8&U G/B, 9-10 G/B, 11-12 Boys Warm-up: 1:00 PM; Start: 2:00 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
Prelims			Prelims		
1	11-12 50 Free-Round 1		101	8&U 25 Free-Round 1	102
3	13-14 50 Free-Round 1	4	103	9-10 50 Free-Round 1	104
5	15&O 50 Free-Round 1	6		11-12 50 Free-Round 1	106
Timed Finals			Timed Finals		
7	11-12 50 Fly		107	8&U 25 Fly	108
9	13-14 50 Fly	10	109	9-10 50 Fly	110
11	15&O 50 Fly	12		11-12 50 Fly	112
13	11-12 50 Back		113	8&U 25 Back	114
15	13-14 50 Back	16	115	9-10 50 Back	116
17	15&O 50 Back	18		11-12 50 Back	118
Semi-Finals: Top 12 Swimmers from Prelims			Semi-Finals: Top 12 Swimmers from Prelims		
1	11-12 50 Free-Round 2		101	8&U 25 Free-Round 2	102
3	13-14 50 Free-Round 2	4	103	9-10 50 Free-Round 2	104
5	15&O 50 Free-Round 2	6		11-12 50 Free-Round 2	106
Timed Finals			Timed Finals		
19	11-12 50 Breast		119	8&U 25 Breast	120
21	13-14 50 Breast	22	121	9-10 50 Breast	122
23	15&O 50 Breast	24		11-12 50 Breast	124
25	11-12 200 Medley Relay		125	8&U 100 Medley Relay	126
27	13&O 200 Medley Relay	28	127	9-10 200 Medley Relay	128
				11-12 200 Medley Relay	130
Championship Finals: Top 4 Swimmers from Semi-Finals			Championship Finals: Top 4 Swimmers from Semi-Finals		
1	11-12 50 Free-Round 3		101	8&U 25 Free-Round 3	102
3	13-14 50 Free-Round 3	4	103	9-10 50 Free-Round 3	104
5	15&O 50 Free-Round 3	6		11-12 50 Free-Round 3	106